

101 CRITICAL DAYS OF SUMMER



305th AMW GROUND SAFETY OFFICE

A WISE PERSON KNOWS THE DIFFERENCE BETWEEN ACTING
SAFE AND BEING SAFE.



101 CRITICAL DAYS OF SUMMER



INTRODUCTION

- TRAFFIC SAFETY
- HEAT SAFETY
- RECREATION SAFETY

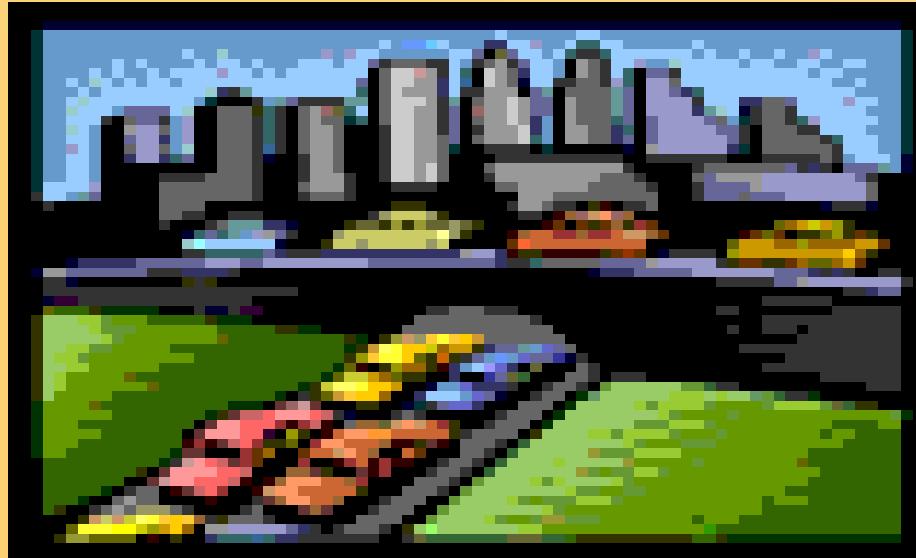


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Traffic Safety

- TRAVEL
- FATIGUE AND YOU
- ALCOHOL KILLS - DON'T DRINK AND DRIVE



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- ***Plan ahead--prepare vehicle***
- ***Buckle up every time - Seatbelts are mandatory***
- ***Children in backseats - Airbags can kill***
- ***Speed commensurate with conditions***



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Travel - Fatigue and

- Fresh air and frequent stops
- Avoid heavy food and alcohol
- Rest periodically
- Take scheduled rest breaks-power naps!
- Sleep in a hotel, not in your car



The body will eventually demand sleep and take it. Listen to your body!



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Alcohol Kills



- Alcohol is a depressant
- Lessens inhibitions
- Only way to sober up is time
- What to do?
 - Limit consumption
 - Designated driver

DON'T DRINK AND

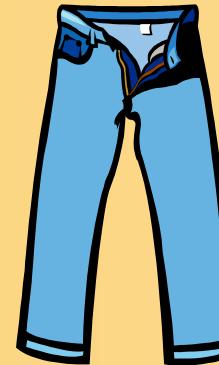


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Motorcycle

- **Helmet approved by DOT**
- **Safety**
- **Eye Protection (goggles, face-shield)**
- **Full fingered gloves**
- **Long sleeved shirt or jacket**
- **Long pants**
- **Sturdy Footwear**
- **Brightly colored or contrasting vest or jacket as an upper outer garment during the day and reflective during the night. Outer garment will be clearly visible and not covered.**



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Motorcycle Safety

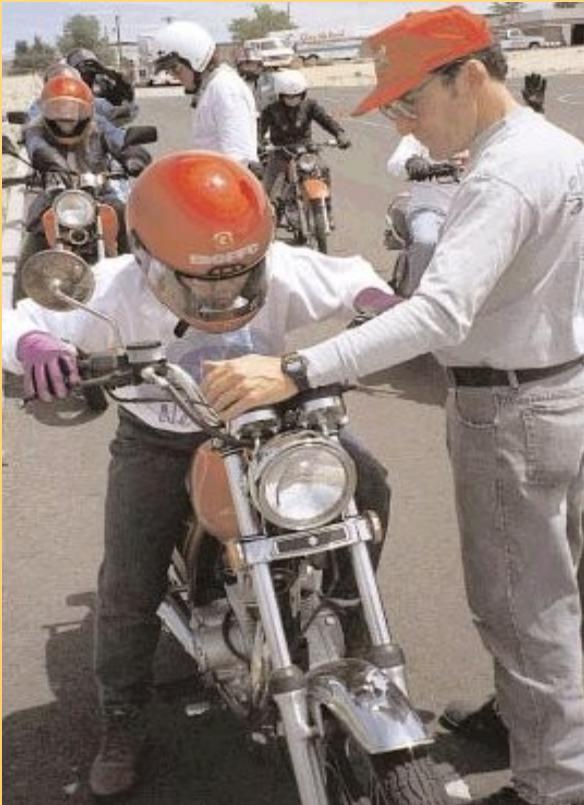
- **Foundation Course** must be taken and personnel must be in possession of a Motorcycle Safety Foundation (MSF) card and McGuire AFB Form 244 before issuance of AF Form 75 or DD Form 2219 or 2220.
- MSF Course is offered at McGuire AFB
- Schedule through Ground Safety (651-5013)



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Requirements for the MSF



Rider Street Skills (RSS) for beginners

- **Motorcycle Learners Permit**
- **Valid Auto driver's license**
- **17 yrs. old or over**

Experienced Riders Course (ERC)

- **Valid Motorcycle License/endorsement or permit**
- **6 months of continuous riding experience**
- **Insurance (PMV & Medical)**

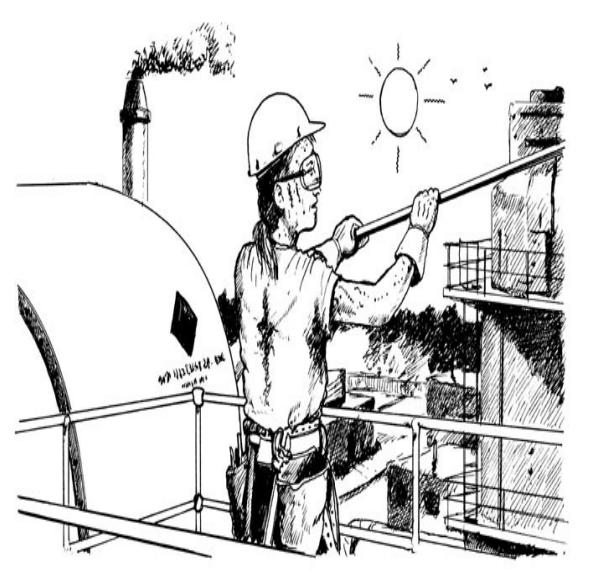


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SUNBURN

Heat stress can be more than a minor inconvenience for those who work in extremely warm conditions. Knowing how to prevent, identify and treat its symptoms can literally save lives.



Symptoms

- Red, painful skin (first degree burns)
- Blistering and/or peeling (second degree burns)

Treatment

- Skin lotions
- Topical anesthetics

Prevention

- Limit sun exposure on bare skin

Dealing with Heat



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HEAT RASH & CRAMPS



Prevention

- **Keep skin dry and clean**
- **Loosen clothing**
- **Drink lightly salted liquids (.1% saline)**
- **Seek medical aid if cramps persist**

Symptoms

- **Red rash and itching**
- **Hot, moist skin**
- **Normal to slightly high body temperature**

Treatment

- **Ointment**

Dealing with Heat



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HEAT EXHAUSTION



Symptoms

- Heavy sweating
- Intense thirst from dehydration
- Fatigue, weakness or loss of coordination
- Tingling in hands and feet or headache



First Aid Treatment

- Loosen or remove clothing and boots
- Cool the victim as fast as possible
- Call 911 if victim becomes faint or is unconscious

Dealing with Heat



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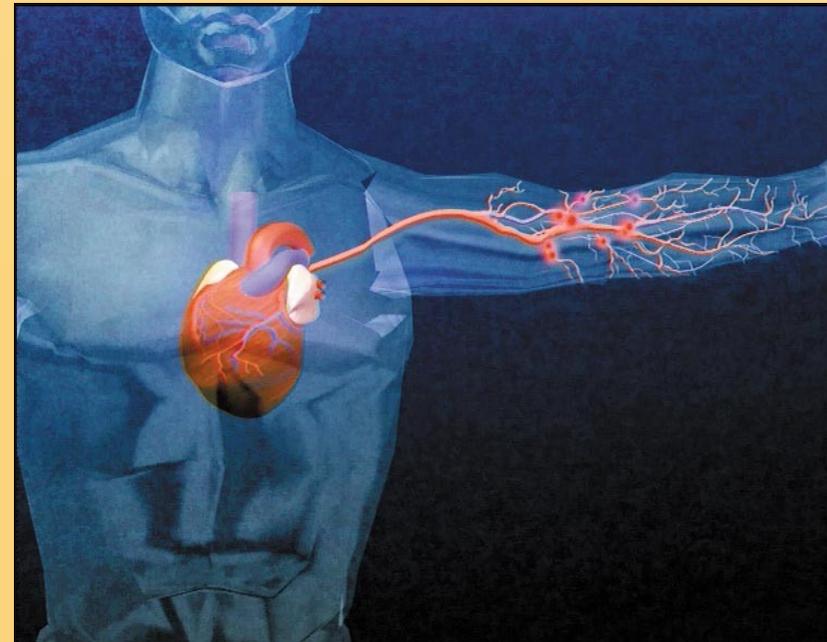
HEAT STROKE

Early Symptoms

- **High body temperature**
- **Hot, red or flushed, dry skin**
- **Headache or dizziness**
- **Confusion or delirium**

Advanced Symptoms

- **Seizure or convulsions**
- **Loss of consciousness**
- **No detectable pulse**



Dealing with Heat



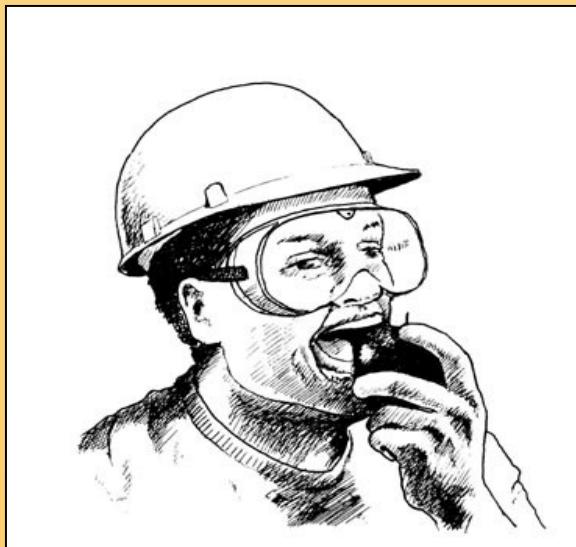
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HEAT STROKE

Treatment

- **Lower the victim's body temperature as fast as possible**
- **Don't give liquids to unconscious victims**



Other tips for controlling heat stress

- **Allow your body to become acclimatized to your surroundings**
- **Follow scheduled work/rest cycles to avoid overexertion**
- **Drink 5-7 ounces of cool water every 15 minutes**
- **Consume a light, cool lunch instead of hot, heavy meals**

Dealing with Heat



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Recreation Safety

SUMMER



- Water Sports
- Jogging
- Bicycling
- Camping
- BBQ's
- High Risk Activities
- Heat Stress

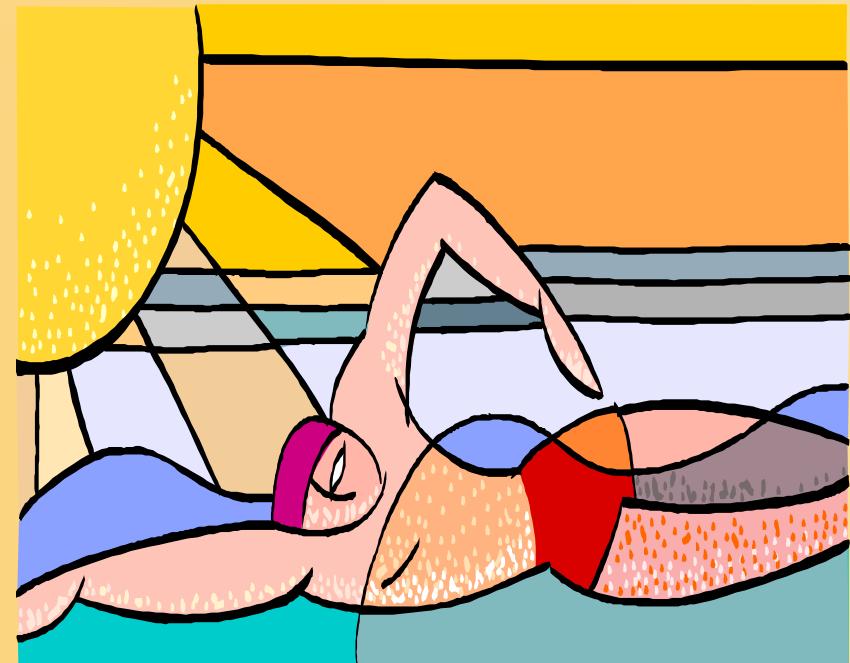


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Swimming

- **Swim only in designated swimming areas**
- **Swim with a buddy!! - Never swim alone**
- **Know your swimming ability**
- **Check water before diving**
- **Hypothermia - cold water draws body heat**



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Jogging

- ***Warm-up***
- ***Be visible day and night***
- ***Wear light colored clothes, reflective belt/vest***
- ***Use sidewalk/path or jog facing traffic***
- ***Portable Listening Devices are Prohibited on Roads, Streets, or while jogging***
- ***Pedestrians should not enter a crosswalk until vehicles have stopped***



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Bicycling

- ***Obey traffic signs***
- ***Use hand signals***
- ***Ride single file***
- ***Ride on right side of road***
- ***Be visible day and night***
- ***Light colored clothes & reflective belt/vest***
- ***Helmet wear required by all riders***
- ***Front & rear lights required at night***



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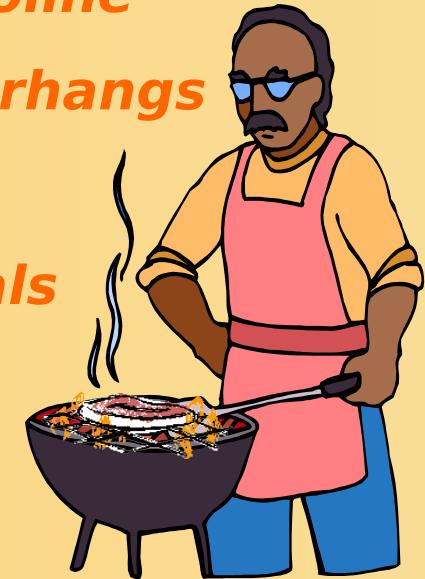


Camping & Cooking

Outdoors Use charcoal/lighter fluid, not gasoline

➤ Keep grills away from house and overhangs

- Never leave grill unattended
- Never put lighter fluid on lit coals
- Let coals cool before disposal
- Have fire extinguisher ready



*Check equipment
Camp in approved areas
Let someone know your
whereabouts when starting
fires!*



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High Risk Activities

- ***No matter what activities you do, the following apply***
- ***Have the correct training***
- ***Have the right equipment***
- ***Be mentally and physically ready***
- ***Stay sober***



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Use Operational Risk Management (ORM)



- Do not accept “Unnecessary Risk”
- Make risk decisions at the appropriate level
- Accept risk when benefits outweigh the costs



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THIS SUMMER, BE CAREFUL, BE RISK WISE, AND MOST OF ALL, BE BACK AFTER THE “101 CRITICAL DAYS OF SUMMER!”

FROM YOUR 305TH AMW SAFETY OFFICE

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Safety**

**Mr. Tom Diveley
Safety Manager**

Chief of



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Ground Safety